

WHAT IS CLAIMED IS:

1. A leg stretching apparatus comprising:

a frame, said frame supporting a seat attached to said frame;

5 a pair of leg supporting wings hingedly mounted on opposite sides of said seat; and

means enclosed within said frame for raising and lowering said leg supporting wings in response to a turning of a lever of said raising and lowering means.

10 2. The leg stretching apparatus as recited in

Claim 1 wherein said frame comprises a step for assisting a user climbing onto said apparatus.

15 3. The leg stretching apparatus as recited in

Claim 1 wherein each of said leg supporting wings comprises a wing support frame attached to a leg section.

4. The leg stretching apparatus as recited in

20 Claim 1 wherein said frame comprises a hinge support bar positioned adjacent to said seat for receiving said pair of hingedly mounted leg supporting wings.

5. The leg stretching apparatus as recited in Claim 1 wherein said raising and lower means comprises a universal joint attached to an upper end of a threaded rod.

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6. The leg stretching apparatus as recited in Claim 5 wherein said lever attaches to an upper end of said universal joint for rotating said threaded rod.

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7. The leg stretching apparatus as recited in Claim 5 wherein said frame comprises a wing drive housing having said universal joint attached to an upper end of said threaded rod enclosed therein.

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8. The leg stretching apparatus as recited in Claim 7 wherein said threaded rod comprises:

a drive bar having a hex nut located in the center of said drive bar which screws on said threaded rod; and

said drive bar further comprises a pair of drive extensions, each of said drive extensions being welded to opposite sides of said hex nut and extending through an opening in opposite sides of said wing drive housing.

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9. The leg stretching apparatus as recited in Claim 7 wherein said frame comprises a crank housing, extending upwardly from said wing drive housing, said crank housing enclosing a crank rod attached to said lever.

10. The leg apparatus as recited in Claim 8 wherein said apparatus comprises a first strut having a first end attached to a first end of said drive bar and a second end attached to a first one of said pair of leg supporting wings, and a second strut having a first end attached to a second end of said drive bar and a second end attached to a second one of said pair of leg supporting wings.

11. A leg stretching apparatus comprising:
a frame;
a seat attached to said frame;
a pair of leg supporting wings hingedly mounted on opposite sides of said seat;
a hinge support bar positioned adjacent to said seat for receiving said pair of hingedly mounted leg supporting wings;

a threaded rod positioned within said frame having a universal joint attached to an upper end;

a crank rod extended between said universal joint and a lever for turning said threaded rod;

5 a pair of drive bars attached to opposite sides of a hex nut, said hex nut moving along said threaded rod as said threaded rod turns in response to a rotation of said lever to raise and lower said leg supporting wings;

10 a first strut having a first end attached to a first end of said drive bar and a second end attached to a first one of said pair of leg supporting wings; and

a second strut having a first end attached to a second end of said drive bar and a second end attached to a second one of said pair of leg support wings.

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12. The leg stretching apparatus as recited in Claim 11 wherein said frame comprises a step for assisting a user climbing onto said apparatus.

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13. The leg stretching apparatus as recited in claim 11 wherein each of said leg supporting wings comprises a wing support frame attached to a leg section.

14. The leg stretching apparatus as recited in Claim 13 wherein said leg section being slightly concave to retain a user's leg.

5 15. The leg stretching apparatus as recited in Claim 11 wherein each of said leg support wings comprises a stretch strap to assist the user in a stretching exercise.

10 16. A method of providing a leg stretching apparatus comprising the steps of:

 providing a frame, said frame supporting a seat attached to said frame;

 mounting on opposite sides of said seat a pivoting
15 end of a pair of leg supporting wings; and

 enclosing within said frame means for raising and lowering said leg supporting wings in response to a turning of a lever attached to said raising and lowering means.

20 17. The method as recited in Claim 16 wherein said step of providing a frame includes the step of providing

a step for assisting a user climbing onto said leg stretching apparatus.

5 18. The method as recited in Claim 16 wherein said step of mounting said pair of leg supporting wings includes the step of attaching a leg support frame to a leg section.

10 19. The method as recited in Claim 16 wherein said step of providing a frame includes the step of providing a support bar positioned adjacent to said seat for receiving said pivoting end of said pair of leg supporting wings.

15 20. The method as recited in Claim 16 wherein said step of enclosing within said frame means for raising and lowering said leg supporting wings includes the step of attaching a universal joint to an upper end of a threaded rod.

20 21. The method as recited in Claim 20 wherein said step of attaching a universal joint to an upper end of a threaded rod comprises the step of attaching a crank rod

between said lever and said upper end of said universal joint for rotating said threaded rod when said lever is rotated.

5 22. The method as recited in Claim 20 wherein said step of providing said frame comprises the step of providing a wing drive housing having said universal joint attached to an upper end of said threaded rod enclosed therein.

10 23. The method as recited in Claim 22 wherein said step of attaching a universal joint to an upper end of a threaded rod comprises the steps of:

15 providing said threaded rod with a drive bar having a hex nut located in the center of said drive bar, said hex nut being screwed on said threaded rod; and

 extending each end of said drive bar through an opening in opposite sides of said wing drive housing.

20 24. The method as recited in Claim 22 wherein said frame comprises a crank housing, said crank housing extending upwardly from said wing drive housing for enclosing said lever.

25. The leg apparatus as recited in Claim 23

wherein said method comprises the steps of:

5 providing a first strut having a first end attached
to a first end of said drive bar and a second end
attached to a first one of said pair of leg supporting
wings; and

10 providing a second strut having a first end attached
to a second end of said drive bar and a second end
attached to a second one of said pair of leg supporting
wings.